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30 September 1980

MEMORANDUM FOR THE RECORD

SUBJECT: Trip Report, 18-28 September 1980 (U)

1. (U) From 20 to 28 September 1980, the undersigned attended a training seminar at the Monroe Institute of Applied Sciences (MIAS), P.O. Box 946, Faber, VA 22938. The seminar was conducted at the MIAS International Training and Conference Center (ITCC). The ITCC is located on a plateau in the foothills of Virginia's scenic Blue Ridge. The site was selected by MIAS because it met the basic requirement of a tranquil pastoral environment conducive to physical and mental relaxation, a major factor in the successful process of an intense learning or cogitative experience.
2. (U) MIAS offers training in relaxation and concentration methodology. The goal of this training is to teach individuals self-control of their own physical and mental activity. It was thought that such an ability of self-control might be of benefit to the INSCOM Grill Flame Project (IGFP). The purpose of this trip was to assess the applicability of the MIAS training to IGFP.
3. (U) During the eight day training seminar, fifty separate relaxation/concentration exercises were conducted. Each of these exercises lasted from 50-60 minutes, and were followed by lengthy discussion periods. The exercises were progressive in that in the beginning they were quite simple, and as the program continued the exercises became more difficult, requiring more and more physical relaxation and mental concentration. The training exercises consist of well established techniques of progressive relaxation, breathing exercises and guided imagery. The majority of training exercises are done lying in a soundproof booth while listening, via stereo headphones, to surf sounds combined with a beat frequency oscillation of tones at four hertz. The theory is that the sounds will provide a frequency following response pattern conducive to intense concentration and hemispheric synchronization. Once the desired state of relaxation/concentration has been experienced several times under these conditions, it can be regained without the aid of the training environment, much like the well-known biofeedback training effect. In fact, as the training seminar progressed, several exercises were conducted without the conducive training environment, simply sitting in the conference room at the ITCC.
4. (S/NOFORN) Of particular interest to IGFP are those exercises on a level of concentration which MIAS calls Focus 10. It is at this level that Remote Viewing is enhanced. Additionally, MIAS personnel believe that when an out-of-body state occurs from Focus 10, the out-of-body experience will occur in real world space/time and not be surrealistic in nature.

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5. (S/NOFORN) Also of interest to IGFP is the use of what MIAS calls a Time Wheel in the level called Focus 15. Through the use of the Time Wheel one can focus his attention either to the future or to the past while Remote Viewing.
6. (S/NOFORN) As a result of this trip it is recommended that experienced Remote Viewing personnel from IGFP be scheduled for attendance at MIAS training seminars. Such training will provide them with another aspect from which they can increase their operational value to IGFP.
7. (S/NOFORN) Robert A. Monroe, Executive Director, MIAS, has a SECRET security clearance. He has signed a consultant security agreement and has agreed to keep confidential his contact with IGFP personnel. As Executive Director of MIAS, Monroe has agreed to MIAS working with US Army Intelligence. No other personnel at MIAS are aware of this agreement. All contact with MIAS has been on a "shallow cover" basis. Monroe has not been "read-in" on IGFP and remains unaware of the extent of the program.

Frederick H. Atwater

FREDERICK H. ATWATER
1LT, MI
Training/Concepts Officer

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